



VIEW

from the lake

The newsletter of ABIDING PEACE LUTHERAN CHURCH - Budd Lake, N.J.



From the Pastor

Biblical Grief

There is wisdom in acknowledging that this pandemic is creating opportunities to learn, grow, slow down, and appreciate our lives in new and beautiful ways. Making sure that we give ourselves mental space and reflective resources to help us notice these opportunities is important.

BUT

That is not the whole story. There is also Loss. There is also Longing. There is also Deep Grief. We are all living through personal and collective trauma and this kind of pain and anxiety needs an outlet. Psychologists and mental health experts are talking about the danger of PTSD for our entire society because of the layers of fear and loss that we are experiencing. The deepest grief we feel is for the lives of loved ones, and we feel the loss of our collective rituals around mourning and celebration of life acutely. Layered onto that grief is the grief for the routines and experiences that have always structured our lives; grief for financial strains and lost opportunities; grief for the loss of time with friends, loved ones, and the comfort of a hug; grief for expectations around events, births, trips, or just daily life. Even as we hope for a future where we can be together again and rebuild new routines and opportunities, we cannot ever undo the pain of this time. We need to be able to grieve.

The Bible gives clear witness to the importance of grief. The Hebrew scriptures give countless examples of people expressing their grief by crying out, tearing their clothing, and covering their heads with ashes. The prophets are unrestrained in their cries of

Continued on page 2

May, 2020

June Newsletter Deadline
May 21, 2020

Worship: 10:00 am
Online

**For hospitalization or other
pastoral care needs, please call
Pastor Serena at 908-458-3940**

OUR MISSION & PURPOSE

Abiding Peace Lutheran Church makes Christ known by welcoming all people to a supporting and accepting place to grow in faith and community and to serve the Lord as people created by God, saved by Christ and nurtured by the Holy Spirit.

Phone: 973-691-9393

Website: www.abidingpeacechurch.org

¹*Prayerbook of the Bible* © Dietrich Bonhoeffer Works, Volume 5, trans. Daniel W. Bloesch and James H. Burtness, Ed., Geoffrey B. Kelly, Minneapolis: Fortress Press 1996, p. 169-171.

COUNCIL & MINISTRY LEADERS

Officers

President	Cindy Pawlo
Vice President	Heather Nilsen
Secretary	Joe Barrett
Treasurer	George Pawlo

Council Members

Gerry Ayotte	Heather Nilsen
Joe Barrett	Cindy Pawlo
Sandy Carlson	Sibylle Schroeder
Howard Corneilson	Nick Senior
Ray Mueller	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Education & Youth	Karen Coates
Evangelism	<i>Vacant</i>
Fellowship	Demetria Laird
Finance	Nancy Ayotte
Financial Secretary	Nita Persson
Messengers Dancers	Mary Kasakove
Mutual Ministry	Heather Nilsen
Property	<i>Vacant</i>
Social Ministry	Sibylle Schroeder
Seniors	Sibylle Schroeder
Stewardship	Ray Mueller
Worship & Music	Mary Kasakove

OUR STAFF

Pastor:

Serena Rice
Cell: 908-458-3940

Music Director:

Ben Schroeder
benmschroeder@gmail.com

Administrative Assistant:

Christine Strobel
office@abidingpeacechurch.org
Monday, Wednesday, Friday: 4:30 pm—6:30 pm

Continued from page 1—Pastor's Column

distress. Even Jesus wept in mourning with Mary and Martha at the tomb of Lazarus. Perhaps the most powerful resource in scripture for our own expressions of grief are the Psalms. German Lutheran theologian Dietrich Bonhoeffer described the Psalms as the “Prayerbook of the Bible” and in the Psalms of Lament he finds the resource we need to bring our grief before God, specifically because they are unapologetic in the way that they name our need, and because they prefigure the way in which we cast all our pain on the one who bears our pain for us: Jesus. During this time of grief, the Psalms of Lament can be a resource for us in praying our grief to God, in casting it on Jesus, trusting that he can bear it for us. If you can’t find your own words for your grief, try praying the lament Psalms (13, 31, 35, 41, 44, 54, 55, 56, 61, 74, 79, 86, 88, 102, 105, and others) – after all that’s what Psalms are: prayers. In addition, the Psalms offer us a structure for crafting our own laments. Included in this newsletter is a guide for writing your own Psalm of Laments and Losses. This format draws from the basic structure of the Psalms of Lament to create space for us to name our pain, honestly cry out our frustration, seek God’s grace for the ways in which this pain exposes the brokenness in our souls, and then (this is the key) name our hope that God will hear and respond to our need. It is my prayer that this model can be a resource for you all in working through the grief of this time.

Pastor Serena



Faith Kitchen Shopping for May 5

Bagged Lunch

For the Month of May we will be providing a bagged lunch. I need 6 people to bring in each 2 loaves of multi-grain bread and 1 1/2 lbs. of salami by Monday, May 4. I also need at least one person to help prepare the lunch bags. Please call me at 973-691-1910 to let me know if you can help.

With gratitude,

Sibylle Schroeder
Social Ministry



The vast majority of us have never lived through anything like this – and hopefully we never again will have to deal with such large scale panic, fear, and anxiety. The COVID-19 pandemic has forced us to rethink so much about our society, and it has even affected our little corner of the world in Abiding Peace. Virtual Worship, connection through Zoom meetings, and the passing of the peace via Facebook comments, these are our tethers to the ways of what I've been calling The Before Time.

I will confess to not handling all of this as well as I had hoped, but that's OK. This congregation has done a wonderful job caring for our collective spiritual health as well as ensuring we're meeting our members' needs in the best ways we can. Pastor Serena's daily emails, Ray's fantastic production work, Ben's shepherding of song – all of these are things that have been awesome examples of folks stepping up with their time and talents when the congregation needed it the most.

My contribution, aside from telling mediocre Dad jokes during Council meetings, has been helping get the Church's new Venmo account up and running, allowing a new option for payment that also happens to be more environmentally friendly going forward. It's another avenue for us to give of our own time and talents back to the congregation when we are able. The ways you can find the Abiding Peace Venmo account are below, but if you have any questions, please reach out to me through the channels below. Now is not the time to guilt anyone into giving, but it is a great time to ruminate on what it means to be part of a flock hoping to shed light on a dark world. We certainly will have a lot of illuminating to do when we can see each other again without masks on.

Username: @Abiding-Peace-BuddLake or search under name "Abiding Peace"

Nick Senior
309-846-3455
nsenior57@gmail.com

May Office-Hours Calendar

For the duration of Social Distancing Protocols, Pastor Serena will not be holding office hours at the church. She will be present on-site Sunday mornings for worship and any other tasks that need to be completed in the building. She is also available to the congregation by Cell Phone or e-mail during the week: (908) 458-3940; pastorserena@optimum.net. During the week, she is generally engaged in school-support for her kids in the morning, so she will respond to non-urgent messages in the afternoon. Her day off is Saturday, so please refrain from sending non-emergency messages or calls on Saturday.

Sunday Scripture

May 3

Acts 2:42-47
Psalm 23
1 Peter 2:19-25
John 10:1-10

May 24

Acts 1:6-14
Psalm 68:1-10, 32-35
1 Peter 4:12-14; 5:6-11
John 17:1-11

May 10

Acts 7:55-60
Psalm 31:1-5, 15-16
1 Peter 2:2-10
John 14:1-14

May 31

Acts 2:1-21
Psalm 104:24-34, 35b
1 Corinthians 12:3b-13
John 20:19-23

May 17

Acts 17:22-31
Psalm 66:8-20
1 Peter 3:13-22
John 14:15-21

No UFO Night, but I hope you are all working on a project or two or three. Maybe, if you finish something, send the pictures to Christine to put into the next newsletter.



Guide to Writing a Psalm of Laments and Losses

Address God

Name God in a powerful way. Direct your lament to God with a specific name that reflects the aspect of God's character you are calling on; draw God into conversation about your longings and losses as a prayer.

Complaint

Say how God/you/others have failed you. Name what you long for and wish was true about your current situation, and name your losses and fears about what has been or could be as honestly and openly as you can. These complaints can be about God ("you"), yourself ("I"), and other people ("they").

Confession

Ask for God's grace and mercy. Allow yourself to experience the vulnerability of asking for God's grace and forgiveness in your life and in the situation for which you grieve.

Ask God for Help

Ask for God's help in a concrete way that will address your grief. Name what you want God to do for you. Express your longings and losses as a request that would offer you a way to move through your grief to hope.

Affirm Trust in God

Place your trust in God, based on what you know about God's faithfulness. Articulate an image that conveys God's faithfulness. Affirm your trust in God and God's leadership over your future, and imagine the shape God's faithfulness will take.

Promise to Praise God

Imagine what praise you will offer after God has shown up. Make a promise to praise God for who God is, what God has done in the past, and what God will do in the future. This promise is not an act of bargaining, but rather a completion of the cycle from grief to hope, recognizing that when God responds to your need, your instinct will be to respond with

Thank You Corner

Thank you to Marco Ponce who took the initiative and effort to hang the large drapes on the cross for our Good Friday and Easter services. I have heard from so many people how much it means to them to be able to see the familiar visuals of our sanctuary on the livestreams, even though they cannot be there in person. As we wait for the chance to gather together again, these little things can soothe and encourage us.
~ *Pastor Serena*

Thanks go out to the following people for helping with the spring cleanup: Sue Stirrat, Karen Coates, Joe Barrett, Pat Scalora, Mike Schroeder, and George Pawlo. ~ *Cindy Pawlo*

Thank you to Demetria and Thrivent for helping us with supplies for Faith Kitchen, to everyone that bought bread and salami for the sandwiches and to Shelli and Pat who helped me fill the bags and make the sandwiches. We were able to provide 90 brown bag lunches for April. ~ *Sibylle Schroeder*

If you would like to express a "Thank you" in next month's newsletter, please send a brief paragraph to Christine (chstrobel@optonline.net) by May 21.

Seniors Group

Although there is no senior meeting, please call each other! If you think of someone, pick up the phone and find out how they are doing. There was a new updated directory sent out. I miss you all, please be careful and keep your spirit up!

Love,
Sibylle



Feeding our Neighbors in a Time of Pandemic

During this time of necessary physical distancing we know that food pantries are more important than ever, but we also need to be conscious of how to share food without sharing risk. To that end, we are asking our community to do the following:

Please continue to pick up extra supplies for our food pantry, as you are able (Note – for anyone who needs to avoid grocery shopping, due to risk factors, reach out to the church. There are members who can help).

When you have supplies to donate to the church food pantry, please call the church office to arrange drop-off: (973) 691-9393. Note – Christine is usually in the office approx.. 4:30-6:30pm M/W/F.

When you bring the donation, leave it at the door, and knock to let Christine know that your donation is outside. She will collect it.

If you know of people who need food assistance, please let them know to call the church office to arrange pick-up. Christine can leave the bags outside the door at the arranged time.

Special needs for the food pantry at this time are:

Hot dogs & buns
Parmalat milk
Canned vegetables
PB
Jelly
Juice

Thank you all for your generosity!



PLEASE CALL THE CHURCH OFFICE
973-691-9393
or have someone call for you, if you are
hospitalized.
Because of the HIPAA privacy laws,
the church is **not**
notified when you are admitted to a hospital,
in order to
protect your privacy. The only way we will
know if you are in the hospital is if you or
someone close to you lets us know. Thank

Please clip this article and keep it handy!

May Birthdays May Anniversaries

5 Shelli Skeels

24 John & Sue Stirrat

27 Catherine Blackburne

27 Maria Kearney



I've been working on masks and keep dropping them off at church. There is a basket on the patio and they are marked Male, Female, Child. You can call me 973-691-1910 to find out when there will be more. If anyone has 1/4" elastic laying around at home, please donate it to make masks, since there is none to be bought anywhere. You can just leave it in the baskets where the masks are. Please let me know if the basket is empty.

Love,
Sibylle

For Our Garden

Gardening season is approaching rapidly. Many hands are needed to labor in our tiny field. This tiny field produces pounds of vegetables for the Mount Olive Food Pantry and Mount Olive Manner.

Volunteers are needed to help maintain the garden. We are looking for volunteers who could donate a couple of hours a week or more to weed, water or whatever else is needed to keep our garden happy and healthy.

Once again, plants are needed to start the garden which will be planted on Saturday, June 6. Rain date is the following Saturday, June 13th. Please bring them to church during the last two weeks of May. Please remember, plants cannot plant themselves. All volunteers are welcomed. Social distancing will not be a problem.

We need the specific plants listed below:

14 only	Big Boy Tomatoes
8 only	Green Squash
8 only	Yellow Squash
12 to 14	Green Peppers
10 only	Cucumbers
24	Marigolds

Please **absolutely no** cherry tomatoes, grape tomatoes or plum tomatoes. Contact me either by phone or e-mail with the type of plant and how many you are donating. We do not want to have an over run on some plants and not enough of the other plants.

One garden will be used for Mount Olive Food Pantry and Mount Olive Manner. The other garden we are offering to members of the congregation who would like to grow their own vegetables for themselves.

If you have any questions or concerns, you can contact me by e-mail or phone. Anyone interested in donating plants or time to the garden, please contact me.

Thank you,

Pat Scalora
patscalora@gmail.com
(973) 584-0576



50th Anniversary

This is the May newsletter. Forty-nine years ago, this month, a Lutheran church named Abiding Peace was formally started in Budd Lake. As we prepare to celebrate our 50th Anniversary, I want to let you know what is currently being planned by our 50th Anniversary Committee.

On Saturday afternoon, May 22, 2021, we will have a celebration repast at the Holiday Inn in Budd Lake. This will be followed on the next day by a celebratory service on Sunday May 23, 2021, with a special anniversary cake and gathering following the service.

In addition to the above, we have invited former clergy associated with our congregation and the following is the current potential schedule:

~ February 28, 2021	Dale Selover (confirmed)
~ March 14, 2021	Michael Linderman (awaiting confirmation)
~ April 11, 2021	Jim Parks (confirmed)
~ April 25, 2021	Richard Kiesling (awaiting confirmation)
~ May 16, 2021	Linn Fisher (confirmed)

As there will be costs involved with putting on this celebration, the committee will be looking into various fund-raising activities as well as asking for donations (which can be made to 50th Anniversary).

Howard Corneilson
Chairman

Mental Stimulation

Rather than go nuts by watching the news or the same episodes of Law and Order here are a few links to websites for some mental stimulation. The AARP site has a lot of different options.

Trivia Games/
Brain Teasers

Games

<https://www.sporcle.com/>
<https://www.funtrivia.com/>
<https://lovattspuzzles.com/>
<https://www.triviaplaza.com/>
<https://www.usefultrivia.com/>
<https://www.thequiz.com/>
<https://www.quiz-tree.com/>

<https://games.aarp.org/>
<https://www.bestcrosswords.com/>
<https://www.websudoku.com/>
<http://cribbageclassic.com/>
<https://cardgames.io/>
<https://jeopardylabs.com/>
<https://www.arkadium.com/>

MAY

WORSHIP ASSISTANTS

IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT IF YOU CANNOT SERVE.

MAY	GREETER	USHER	LECTOR	ASSISTANT MINISTER	COMMUNION ASSISTANT	POWERPOINT
3	None	None	None	None	None	None
10	None	None	None	Maria Kearney	None	None
17	None	None	None	Karen Coates	None	None
24	None	None	None	Sue Stirrat	None	None
31	None	None	None	Joe Barrett	None	None

COUNTER: George Pawlo

ALTAR GUILD: Demetria Laird

BREAD BAKING: None



Keep These Friends in Your
Heart & Prayers

Keep these friends in your hearts and prayers:

Those who are sick or in need: Sharon Puglia, Juli Pullara, Rich Apgar, Michael Krush, Judy Wayman, Tamsin Skeels, Don Larsen, Sandy Olson, Col. Phillip E. Miller, Jim Kosiorek, Randy Esposito, Pat Linn, Eleonor Braun, Jim and Patricia Porter, David Coyne, Megan McGuire, Donna Woody, Gillian George, Eastlyn Rodriguez, Richard Biunno, Gertrude Price, April Inglin, Isabella Adams, Laura Dennis, Michael, Rachel and Cora Pawlo, Gayle Pinkham, Sophia Hawthorne, Baby Jackson Cook, Kacie Schmidt, Gregg Clark, Susan Jacob, Luke Mueller, Lynn Peterson's family and friends, Alexandra Heinz, Chris Mastakas, Pat & Jeanne Scalora, Robert Buckley, The Canon family, Howard Gentler, Susan Nigra, Cindy Behler, Elisabeth and Otto Schroeder, Jim Tangen, Amelia Krusch, Gary and Linda McCabe, Rolf Zwicker, James Ehrke, Jennifer Van Doran, Patricia Davitt

Those who are expecting: Kimberly Defreitas, Christina & Chris Belfiore

Those in mourning: Those mourning Henry Hill, those mourning Bruce McDougall, The Bowden and Schroeder families on the death of Evelyn Bowden, The Jaeger family

MAY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>Cancelled</i> NA Mtg.	2 <i>Cancelled</i> NA Mtg.
3 4TH SUNDAY/ EASTER <i>10:00 am Webcast</i> Worship from NJ Synod <i>11:00 am Zoom Coffee</i> Hour	4 <i>2:00 pm</i> Worship & Music Committee Meeting via Zoom	5 <i>9:00 am</i> Faith Kitchen	6 <i>Cancelled</i> AA Mtg. <i>7:00 pm</i> Zoom Bible Study: Women of the Bible: Jezebel	7	8 <i>Cancelled</i> NA Mtg.	9 <i>Cancelled</i> Church Family Breakfast <i>Cancelled</i> NA Mtg.
10 5TH SUNDAY/ EASTER <i>10:00 am Webcast</i> Worship <i>11:00 am Zoom Coffee</i> Hour	11	12	13 <i>Cancelled</i> AA Mtg.	14 <i>7:30 pm</i> Online Council Meeting	15 <i>Cancelled</i> NA Mtg.	16 <i>Cancelled</i> NA Mtg.
17 6TH SUNDAY/ EASTER <i>10:00 am Webcast</i> Worship <i>11:00 am Zoom Coffee</i> Hour	18	19	20 <i>Cancelled</i> AA Mtg. <i>7:00 pm</i> Zoom Bible Study: Women of the Bible: Prophetess Huldah	21 NEWSLETTER DEADLINE	22 <i>Cancelled</i> NA Mtg.	23 <i>Cancelled</i> NA Mtg.
24 7TH SUNDAY/ EASTER <i>10:00 am Webcast</i> Worship <i>11:00 am Zoom Coffee</i> Hour	25	26	27 <i>Cancelled</i> AA Mtg.	28	29 <i>Cancelled</i> NA Mtg.	30 <i>Cancelled</i> NA Mtg.
31 DAY OF PENTECOST <i>10:00 am Webcast</i> Worship <i>11:00 am Zoom Coffee</i> Hour						